

Crock Pot Spanish Chicken



Delicious chicken loaded with flavorful spices and veggies. This slow cooker meal is perfect for those busy nights!

Course: Main Course

Cuisine: American

Keyword: Crock Pot, Slow Cooker, Soup

Servings: 6

Calories: 428 kcal

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Ingredients

- 2 pounds boneless skinless chicken breasts or thighs
- 3-4 tablespoon taco seasoning
- 1/2 large red and green bell pepper chopped
- 1 medium onion chopped
- 2 garlic cloves minced
- 1 14.5 oz can petite diced tomatoes, undrained
- 1 10 oz can rotel tomatoes, undrained
- 1 6 oz can tomato paste
- 1 15 oz can white beans, rinsed and drained
- 1/2 cup frozen corn
- 1/2 cup cilantro
- salt and pepper to your taste
- red chili pepper flakes optional
- 2 cups cooked rice

Instructions

1. Add chicken to slow cooker. Sprinkle taco seasoning over both sides of chicken. Add remaining six ingredients to the slow cooker.
2. Cover, cook on low for 6-8 hours. If you notice the liquid is too thin for your liking, add 3 teaspoons of cold water, 3 teaspoons of corn starch to a glass and mix until no lumps remain. Add mixture to slow cooker before time is up and let cook for 15 -30 minutes.
3. Once the chicken is cooked through, add in the white beans, corn and cilantro. Mix well and let sit until corn is warmed.
4. Serve over cooked rice. Enjoy!